Subject: PE

2 Week Independent Learning plan

**Email queries to: nbaker@waseleyhills.worcs.sch.uk**

Teacher: AB/JB

Year: 9 Topic/theme: Re-cap of Methods of training / practical performance

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| Lesson | What you need to take from this lesson | Resource to use or hyperlink | Suggested task |
| 1 | Recap the finer details of interval training | <https://www.youtube.com/watch?v=yplP5cLuyf4>  Use the notes in your book and think how about this could be adapted and used for a sprinter. | Design and complete an interval training session. Film yourself / take pictures then add a sheet explaining your activities. |
| 2 | Recap the key details of fartlek training. | <https://www.youtube.com/watch?v=_IZ5_ks-tOc>  Use the notes in your book to think about which sports other than 5k runners would want to include fartlek in their training – say why? | Design and complete a fartlek training session. Film yourself / take pictures then add a sheet explaining your activities. |
| 3 | Have a better understanding of the skills, tactics and strategies required to be an elite Basketball player | Women’s game - <https://www.youtube.com/watch?v=OrImdJ7t77Y> from 6 minutes 20 seconds  Men’s game - <https://www.youtube.com/watch?v=oWXbDy15eMk>  From 2 minutes | Using the skills below produce a tally chart of how many times one of the players does each skill:   * Dribbles the ball * Passes the ball – if you want to stretch yourself you can break it into types of pass (bounce, chest, shoulder etc) * Lay up * Set shot * Slam dunk * Catches a rebound |
| 4 | Have a better understanding of the skills, tactics and strategies required to be an elite Basketball player | Women’s game - <https://www.youtube.com/watch?v=OrImdJ7t77Y> from 6 minutes 20 seconds  Men’s game - <https://www.youtube.com/watch?v=oWXbDy15eMk>  From 2 minutes | Produce a video of yourself copying the professionals. Make sure you have a clip for each skill.   * Dribbling the ball * Passing the ball – if you want to stretch yourself you can break it into types of pass (bounce, chest, shoulder etc) * Lay up * Set shot * Slam dunk * Catching a rebound |
| 5 | Have a better understanding of the rules of Basketball. | <https://www.fiba.basketball/basic-rules> | Produce a list showing all of the main rules in a game of Basketball. |

Don’t forget you can access the school drives and resources form the school website: <https://www.waseleyhills.worcs.sch.uk/>